

There's a lot going on at Lehigh Valley Health Network. In case you didn't catch all the latest news, here's a recap of what happened this week. Here are links to Mission Central posts, the latest issues of CheckUp and Magnet Attractions, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news. You also can link to Mission Central's "Contact Us" page where you can comment about anything, including this email, ask a question or share a story.

[Important Update Regarding API and Lunch Breaks](#)

Beginning March 2, 2014, colleagues who use API won't have to clock in and out for meal breaks.

[What Are We Doing to Encourage Wellness in our Cafeterias?](#)

Learn about healthy food choices, programs and information provided by our Sodexo partners.

[Read the March-April Issue of Healthy You](#)

Meet a skier who had ACL surgery, learn about sugar substitutes and celiac disease, and meet people who are managing MS and a unique form of diabetes.

[Epic Specialty Validation - VIDEO](#)

Learn about the Epic validation process and what's next.

[Wellness: Pass on Pre-packaged Meals](#)

Learn why you should avoid processed foods and ways to prepare healthy meals to fit your busy life.

[Attend the Children's Storybook Breakfast](#)

Bring your family to the 15th annual event on Saturday, March 15.

[Michael Moritz, MD: 'We Don't Just Do Transplants' – VIDEO](#)

Moritz and his team teach people to take care of themselves after a transplant, and feel rewarded by their success.



Read the latest
issue of CheckUp



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**Read the latest
issue of Magnet
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READ LEHIGH VALLEY HEALTH NEWS

a blog on LVHN.org containing
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[« What are we doing to encourage wellness in our cafeterias?](#)

Lehigh Valley Health News Digest: February 24-28 [»](#)

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Important Update Regarding Lunch Breaks and API

Effective March 2, 2014 employees who use the API Time and Attendance system will no longer clock in and out for meal breaks. This is being replaced with an automatic deduction of a 30-minute meal break. The employees' answer to the meal attestation question at the end of the work day will now control whether the automatic meal deduction is or is not deducted, so if an employee answers "yes" at the end of the work day, the 30-minute deduction will automatically be made. NOTE: if the meal attestation question is not answered, this will generate a **CRITICAL** message that will **STOP** the employee from being paid for the entire two-week pay period.

Here is a timeline for how this will be implemented:

March 2 –Do not swipe for meal breaks beginning with shifts that start at midnight.

March 5 – Payroll will program API for the automatic meal deduction once the current pay is finalized.

March 6 – Automatic meal deductions of 30 minutes will be reflected on non-exempt employee's time cards in API depending on how the meal attestation question is answered.

Please share with your colleagues.

If you have any questions, please contact payroll at 484-884-0152. Also visit the [API Support Site](#) for [detailed information and examples](#)about the auto meal deduction.

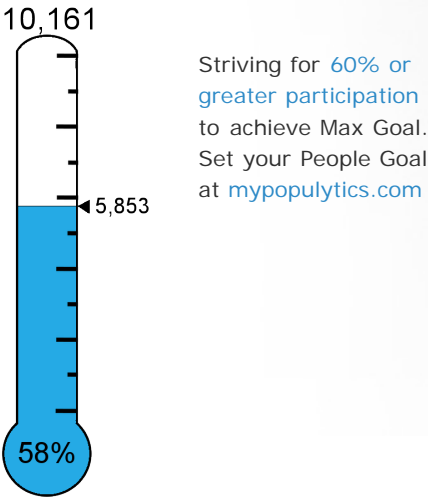
This entry was posted by [Admin](#) on February 28, 2014 at 11:38 am, and is filed under [Get News](#), [Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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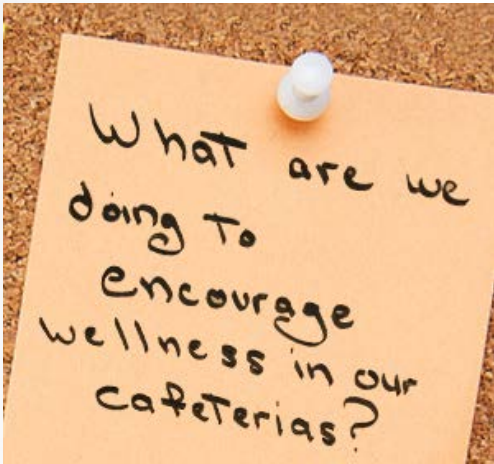
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What are we doing to encourage wellness in our cafeterias?



Sodexo, the company that provides food services for our health network, wants to help people make healthy food choices in our cafeterias and at home. In our cafeterias, look for signs that identify mindful meals. These are well-balanced meals that offer a portion of protein, starch, and fruit or vegetable less than or equal to 600 calories in most cases. You also can look for the “Grow LV” logo, which identifies foods made with locally grown fruits and vegetables. Produce picked at its peak of freshness has more nutritional value than produce that is harvested early, artificially ripened and shipped. In Healthy You magazine and on [Lehigh Valley Health](#)

[News](#), we’re encouraging people to eat locally grown foods in our cafeterias.

Every Wednesday, Sodexo holds the half-hour Walk to Wellness– Mindful Mile Challenge. Walk to Wellness utilizes the [walking paths](#) at all our hospitals and Mack Boulevard. You don’t need to sign up or register in advance. Simply show up and walk. You also can purchase a mindful bagged lunch for \$5. It contains a bottle of water, your choice of a roasted vegetable baguette or mindful twisted turkey wrap, a small bag of pretzels, small apple and nutrition tip.

Sodexo offers My Fitness Pal, a website and app that helps you keep track of what you eat. [Learn more about it and how to get it](#). Sodexo also has two interactive websites with loads of information to help you eat healthy and live well. Visit [Balance Mind](#), [Body and Soul](#) or [Mindful](#).

This entry was posted by [Rick Martuscelli](#) on February 28, 2014 at 9:02 am, and is filed under [Learn](#), [Live Healthy](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

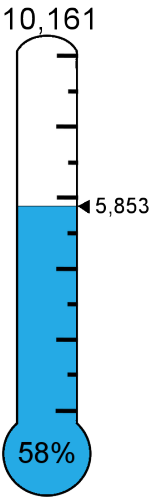
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Olympic Hopeful, Local Foods Featured in March-April Healthy You Magazine

The 2014 Winter Olympics have just ended, yet athletes are already planning for the 2018 games. Among the hopefuls is extreme skier Jackie Kling of Lake Harmony. Lehigh Valley Health Network (LVHN) doctors got her career back on track with successful ACL surgery, and now [Kling shares her story](#) in the March-April issue of Healthy You Magazine.

The latest edition of LVHN's bimonthly wellness magazine includes 24 pages of helpful tips and information, such as:

- How to find [locally grown foods](#) in LVHN's cafeterias
- Pros and cons about [sugar substitutes](#)
- How to spot [celiac disease](#) in children

This issue also is loaded with stories of Lehigh Valley-area people who met health challenges and wellness goals. You'll meet [a young woman from Breinigsville](#) who is successfully managing multiple sclerosis; [a married couple from Nazareth](#) battling cancer as a team; and [a Bethlehem woman](#) who has learned to manage [LADA](#), a unique form of diabetes. You'll also learn about [new treatments for AFib](#), a common heart rhythm problem.

[Read the entire issue online](#). If you want a paper copy or want to be added to our mailing list, call 610-402-CARE. And if you have a great story to share or want to tell us your thoughts about our magazine, [let us know](#).

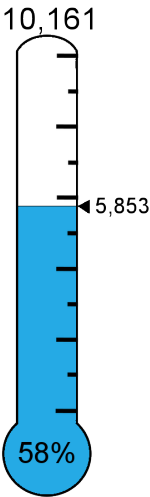
Also, you can read [Healthy You Hazleton](#), the wellness magazine for people in the Greater Hazleton area.



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This entry was posted by [Kyle Hardner](#) on February 25, 2014 at 1:48 pm, and is filed under [Get News, Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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Epic Specialty Validation – VIDEO

The evolution of Lehigh Valley Health Network's (LVHN) electronic medical record (EMR) to the Epic EMR continues as [subject matter experts](#) (SMEs) and others attend specialty validation sessions. These sessions, for specialties ranging from anesthesia to ob/gyn, rely on the input of SMEs to refine the content and the workflows that each practice and department will use.

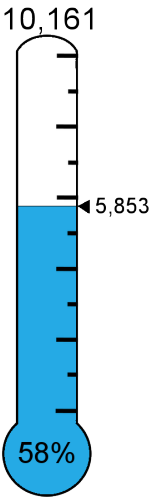
To give you a better idea of what a specialty validation session is about, we stepped inside one to observe. We also interviewed two team members who make sure each specialty validation captures the right input: a process coordinator, who helps assure that workflows and content will work for LVHN, as well as an application coordinator who tailors the Epic applications according to the decisions made by SMEs in the specialty validations. We also spoke with a member of the LVHN Epic leadership about the importance of these validations and "what's next."

As a preview, July will be a big month for the [Wave 1 \(ambulatory\) go-live](#) timeline: In July, LVHN moves into testing and training in preparation for go-live in February 2015. Simultaneous with testing and training, Wave 2 (inpatient) sites will work on re-engineering and application building to prepare for their go live in August 2015.

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This entry was posted by [Jenn Fisher](#) on February 27, 2014 at 3:35 pm, and is filed under [Learn](#), [Watch](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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Wellness Wednesday – Pass On Pre-packaged Meals



You've learned how to [eat well while at work](#). When you're busy, however, it can be easy and inexpensive to stock up on packaged, processed foods and forgo preparing meals at home with natural foods. A recent [study](#) found that most coupons accepted at grocery stores are for processed foods that are low in nutritional value and high in calories.

Processed foods contain ingredients you want to avoid putting into your body. They are full of additives that help foods maintain their taste, color, or flavor by controlling how acidic or alkaline they are. Color and flavor also are added to these foods.

Trans fats are commonly found in processed snack and fried foods, and can increase your cholesterol and risk for heart disease. Frozen meals are especially high in sodium, which can cause the body to retain water when over consumed.

You should always be on the lookout for preservatives, listed in the ingredients label. "Preservatives used frequently include propionic acid, which prevents mold in bread, and benzoates, which are used primarily in acidic foods to prevent bacterial growth," says Kimberly Procaccino, clinical nutrition services nutritional director.

This week's Wellness Wednesday challenge: Do not eat processed, pre-packaged or fast food at least one day this week.

Everyone is busy, but there are ways to save time and eat healthy. For example, cook enough food with natural ingredients to last throughout the week.

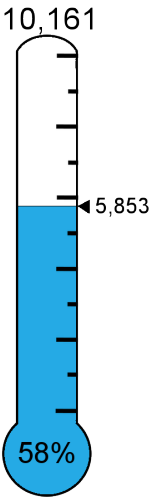
"There is so much that we don't know about the effects of processed, preserved and otherwise adulterated food," says [Robin Schroeder, MD](#), with [Lehigh Valley Bariatric Medicine](#). "Less is more when it comes to consuming these foods, no matter how busy you are. Planning and bulk cooking on the weekend are ways to manage your challenging schedules and eat reasonably."

Find examples of [healthy recipes](#) that you can prepare in advance for your week, like [hearty lentil soup](#) and [barley chili](#).

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Do you prepare your weekly meals in advance? Leave us a comment and let us know what you try!

Have you participated in the [FY14 People Goal](#)? Go to [MyPopulytics.com](#) and set your own wellness goal. Not only will setting your goal keep you healthier, but it also will make you eligible to win monthly prizes and a grand prize at the end of fiscal year 2014. When you're healthy, you're at your best for colleagues, patients and their families. Help LVHN serve as a role model by taking steps to improve your wellness.

This entry was posted by [Amanda Coe](#) on February 26, 2014 at 2:00 pm, and is filed under [Live Healthy](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

6 comments

Suzanne Davis 72 DAYS AGO

My husband makes big pots of soups. That way we have it throughout the week or it can be frozen into individual servings and thawed quickly.

LOG IN TO REPLY

Amanda Coe 71 DAYS AGO

That's a great way to help save time and eat better!

LOG IN TO REPLY

Sue Gardner 71 DAYS AGO

When you are talking about processed, pre-packaged foods, are you also talking about the so-called healthy ones, such as Weight Watchers, Healthy Choice, Atkins, etc. ???

LOG IN TO REPLY

Victoria Moll 71 DAYS AGO

I tend to rely a lot of prepackaged meals for lunches, so I try to challenge myself to leave them behind at least one week a month. I eat a lot better when I do! Bulk cooking on the weekend is a great way to eat healthy! I often marinade chicken on Friday night and then Saturday afternoon while my daughter naps I grill big batches for the week while I cut up and prepare produce as well. Sometimes I even have time to clean up afterwards. 😊

LOG IN TO REPLY

Bridget Muccio 71 DAYS AGO

I can't say that my husband and I always eat healthy but about every 6 months we spend an entire weekend doing bulk cooking that we freeze. We make meatballs, beef stew, salisbury steak, lasagna, pulled pork, fried rice, spaghetti sauce, two or three different casseroles and whatever other recipes we find that freeze well. We don't use them every night, but it is nice to come home from work and just pop a meal in the oven instead of relying on take out or prepackaged meals. The marathon of meals lasts about 5 or 6 months!

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Christina Roberts 66 DAYS AGO

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I'm a huge fan of roasted spaghetti squash stuffed with lean ground beef and tomato sauce. Another go-to meal is stuffed peppers with turkey or beef, black beans, quinoa, salsa and some seasonings – top with a little cheese and broil.

I'll brown the meat ahead of time and assemble the peppers (that I previously roasted in the oven with the spaghetti squash).

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Attend the Children's Storybook Breakfast



Do you and your children or grandchildren love the magic of a good book?

Then plan to attend the 15th annual Children's Storybook Breakfast. This year's breakfast is scheduled for Saturday, March 15 from 9 to 11:30 a.m. inside [Lehigh Valley Hospital-Cedar Crest's](#) Kasych Family Pavilion.

At the breakfast both adults and youngsters will enjoy interactive, educational theater featuring award-winning

international storyteller Kristin Pedemonti, local entertainer Kitty Jones and "Grace the Pirate," along with include fun activities from [Da Vinci Science Center](#) and crafts sponsored by Michael's.

Light refreshments also will be served.

The event is organized by The Literacy Center, a not-for-profit agency dedicated to high-quality, neighborhood-based literacy education that improves the quality of life for students and their communities.

For more information, contact [Lisa Johnson](#) or call 610-435-0680, ext. 119. Registration opens at 8:30 a.m. on the day of the event.

This entry was posted by [Amanda Coe](#) on February 25, 2014 at 4:00 pm, and is filed under [Celebrate](#), [Get News](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

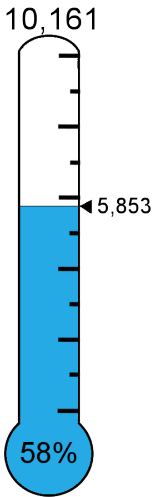
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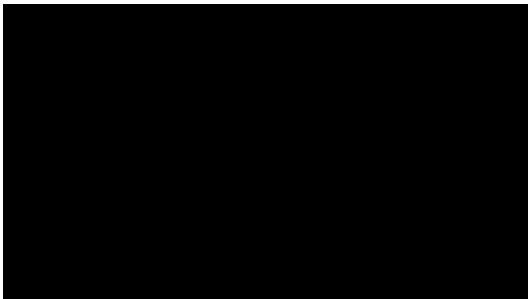
We are producing videos of our doctors and advanced practice clinicians (APC) to help our community find trustworthy health care providers. We will share them here to introduce you to these colleagues. You'll learn about their personality, philosophy of care and inspiration for practicing medicine. These videos are embedded in our website's [Find a Doctor](#) tool, where you can learn about each provider's educational background and more. Enjoy!

Michael Moritz, MD, and his team at Lehigh Valley Health Network help people learn how to take care of themselves after a transplant, and he feels rewarded by their remarkable success.

“We don’t just do transplants, we take care of transplant patients,” he says.

He is a board-certified surgeon with [Transplant and General Surgery Specialists](#).

Get to know him with this video.



This entry was posted by [Alyssa Young](#) on February 27, 2014 at 10:12 am, and is filed under [Connect with Colleagues](#), [Watch](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

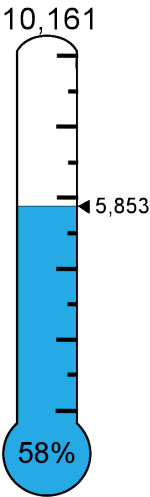
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